

## DISCRIMINATION SELF-AWARENESS

Complete the following self-reflection exercise to identify any attitudes of prejudice or discrimination that you may have succumbed to. Work through the questions below and record your answers in the table:

1. Identify three groups that you belong to or have belonged to at some point in the past, which have potentially led you to a place of hierarchy or prejudice. For example, a religious group, a social group or club etc.
2. Consider and make a note of the assumptions that you made about yourself or others while you were part of this group.
3. Now make a note of the assumptions that other people may have made about you being part of this group (these may be individuals within or outwith the group). Compare these to the assumptions that you made.
4. Now consider any potential pitfalls for counselling from any of these assumptions (whether you're on the giving or receiving end of judgement, there's always going to be a pitfall where someone will require counselling).

	1.	2.	3.
MY ASSUMPTIONS			
OTHERS ASSUMPTIONS			
PITFALLS FOR COUNSELLING			

